

HEALTH AND POISE EASILY ATTAINABLE

Through Mental Concentration on Color and Sound.

(Editor's note—Miss Juanita Miller is the charming daughter of Joaquin Miller, the famous "Poet of the Sierras." When she went to visit New York she was distressed by the change from the eternal calm of the Western mountains, and so, thrown back upon herself, she evolved an odd mode of living. Now Miss Miller has gone back to her old home in the Sierras, but she still practices the philosophy she created for herself in nerve-wracking New York and which she describes below.)

By JUANITA MILLER.

I was tired of society's sham; pink-tinted, bored, and the waste of life appalled.

And so when I came to New York last fall I was determined to work out my destiny on the God-given glorious plan.

Sometimes the city fascinated me; sometimes it repelled me. The noise, the lack of concentration, and the talk of gold wear down body and soul. My body, I knew, was all right, but my soul needs were unmet.

What we require most of all is balance, beauty, and poise in this age of extremes, rapidity, machinery, and commercialism.

Now I worship Cupid, Venus, and St. Silence.

Beauty, exemplified in Venus, a flower or a star, is God's world made manifest. Everything that is beautiful is good, because it is the expression of divinity.

At noon, after burning incense to Venus or Cupid, I drew nectar in my brazer, and beside this on my tea table I placed rice cakes or other sweets, and beside this on my couch I reclined, Roman fashion.

I am soon wrapped in imagination. I am in a trichium with guests for dinner, never less than the graces or more than the muses. They are very beautiful, these creatures in classic robes. We recline with elbows resting upon cushions, trailed grapes above, walls and pavements of marble and mosaic.

There is soft music of the lute and lyre, fountain splash and sparkle and subtle perfumes are exhaled. And so I dream for fifteen whole minutes.

Health and happiness can be had from harmonious meditation, deep breathing, relaxation, and worship of the beautiful.

One should study one's nature and understand the influence of color, scent, and sound. Imagination changes, and we should select our own color according to our nature and not use what fashion dictates.

Proper colors, perfumes, and sweet sounds are cures, because they put me in harmony with the things which are helpful to us.

Beautiful Gowns that Come from French Modistes

An Afternoon Frock and Dinner Creation that Are Works of Art—Other Attractive Dresses Seen at the French Races.

By LA RAconteuse.

Some beautiful gowns have been built by Parisian dressmakers, but few of the great designers of Paris have attained in their works the harmonious result of the imaginative Rene Paquet in this triumph of an afternoon dress, illustrated on the left.

It is delightfully becoming to almost any type of wearer. The pink silk muslin is covered by a white embroidered tulle, embellished with pompadour ribbons. The waist line is about as high as it could be made, in conformity with the prevalent mode.

The fichu, done in the same material as the rest of the dress, gives the only contrast of the entire gown, the rest of the deeper colored portions being concealed under the delicate lace. The hat worn here is also covered in pink, and is low in the back, but turned up in front, being more in the line of practicality than is seen in some of the present-day headgear.

A Stately Gown.

To give an effect of grandeur, stateliness, and simplicity, no combination seems to operate as well as blue and white. This is shown most strikingly in this dinner dress illustrated on the right, which is worked out in white lace and covered by a blue embroidered silk muslin tunic.

The large blue satin ribbon bows balance the lines of the gown, giving the unusual oblique pattern a poise that produces an effect as pleasing as it is original. Martial and Armand have achieved much in this gown.

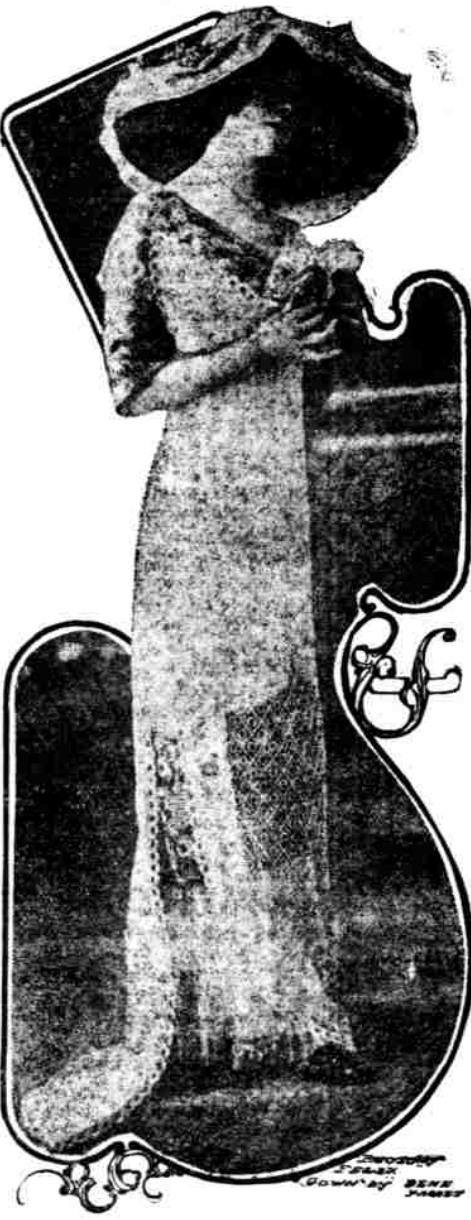
Other French Fashions.

The most attractive dresses seen at the French races were of the tailor-made order; smart little suits in the acme of good taste and daintiness. These simple tailor suits have made a record for numbers at a Paris society gathering.

The most favored color is blue, in various shades, the indigo and Mediterranean blues being especially in favor. The suits are invariably braided and trimmed with broad black silk galoon. They are garnished, moreover, with charming fresh-looking white lingerie collars.

Large enamel buttons or metal buttons trim the plain suits, or a row of self-covered and colored buttons adds a peculiar charm to the costume. Black satin is a worthy rival to dark blue serge, and the latest satin suit is unusually smart when finished with white Venetian lace as a collar or jabot.

Tunics are still an important feature of the season's modes. Side effects in these are in high favor, and they are cut to reveal the under petticoats in a number of highly ingenious fashions. These under petticoats in themselves provide a great opportunity for odd introductions of color or striped effects.



ANSWERS TO NEW PUZZLE TO BE FOUND IN HERALD PAGES

We are going to have a pleasant little diversion from the ordinary run of puzzles this week in the way of a business puzzle, or one that has the names of business firms as its subject.

It is a simple loco of the names of thirty-one business houses, places of amusement, banks, &c., taken at random from advertisements which have recently appeared in The Washington Herald. Each numbered jumble of words represents the name under which the business is advertised.

There are two extremely advantageous features of this new departure in puzzles.

The first is that the answers may all be readily found without seeking further than the pages of The Washington Herald.

The second helpful thing about the puzzle is that in reading Herald ads in an effort to solve the puzzle readers are sure to find many things in the way of bargains offered by the various shops, pleasant places to go for a happy little trip, or some piece of information that will prove of value.

In all these ways of puzzles, as I have been connected with them, I have never seen one more cleverly arranged than the one before you for solution this week.

The arrangement of some of the locos makes amusing reading, and is sure to afford the Puzzle Circle a great amount of fun.

To the many folks who have asked me

during the last week for novel ways of entertaining guests, I would suggest a puzzle party, giving the guests The Business Puzzle to solve, and promising the one who comes nearest to a correct solution a prize.

Then if the answers are sent to me they stand a double chance of winning prizes, for the usual rewards for work upon the puzzle are offered this week, with but one condition, and that is that all answers must reach The Washington Herald office by noon on Friday.

There have been fewer tardy lists in the last few weeks, which leads me to feel that my oft-repeated reminders of the futility of sending solutions after the contest has closed have found a place in the remembrance of contestants at last.

Three dollars is offered for the most nearly correct list of answers to "The Business Puzzle," \$2 for the second best list, and the usual prize of \$1 is offered for the most nearly correct list received from any child not more than fifteen years of age.

I am always so anxious for each of you to at some time win a prize in reward for your faithfulness to every possible sort of contest offered that I open lists with all the eagerness in the world until the prize awards have been decided.

Here is to your success this week, and that you may find advantage of knowledge and of money in the advertisements that you find in The Washington Herald!

J. C. M.

A BUSINESS PUZZLE.

1. Tad prod horad owl now.
2. Lang Robert, caper kid.
3. Let it Kodd cut ham.
4. Nob had snug bant.
5. Run Tis tot sine art diet.
6. Ah drole coon wants tin tag hunt.
7. Oh St. Nic now here.
8. Nora fry look top scope.
9. Bug gon near scrappy man's.
10. Cops may ask Damm.
11. Ida told man run Nic.
12. Red got ropes let up.
13. O bi Hee lets tune.
14. Horne den Jara bot.
15. Ell ate cut ham Rob.
16. T Ra gun old Ned's roole.
17. Oh no lam idler.
18. Ads on Nane nocks.
19. His nude old man lacs war.
20. Vann I kies bond nag.
21. Can dad I or no.
22. Mah claw Donn.
23. Her rest is up.
24. Ralf robed driers.
25. So fond as corn dope.
26. Calif. does us genuine re-
27. form.
28. U rap Klan.
29. Crac so jerr throbs.
30. Not Dira ameth.
31. Apt Hazel.

HOW TO LAUNDRY

YOUR FINE LINEN

Most women who have pieces of fine embroidery prefer to do them up themselves. One should have a special ironing cloth for the purpose.

Procure a piece of heavy cotton felt or "silence cloth," such as is used on the dining-room table. Fold it and catch the edges together. If you wish it still softer, roll again when using it. The embroidery is laid on this, right side down, covered with a thin, damp cloth, and pressed with a moderately hot iron. The effect is all that can be desired, the work being made to stand out beautifully. After the cloth has served its purpose, it should be folded and wrapped in paper and laid away where it can collect no dust or become soiled in any way until it is again wanted.

Crib Comforter.

A dainty comforter was made by sewing handkerchiefs, suggesting children's stories, upon blue cheesecloth, leaving a two-inch space and margin. Tack with blue zephyr and see how much pleasure your baby will derive. Any color scheme may be used.

TEACH YOUR CHILDREN TO BELIEVE IN THEMSELVES

By ELLA WHEELER WILCOX.

There is no amount of education you can bestow upon your boys and girls which will make them cultured or well-bred members of society unless you build this groundwork of decent manners and habits in their early youth.

For now the plastic brain cells are being formed, and you are the potter who can shape your children as you will, if you care to give the great work your careful, loving attention.

I talked recently with a gifted young man, whose only obstacle to great success in his chosen work is lack of self-confidence. This man was brought up by a father who continuously ridiculed his son in early youth in order to prevent him from becoming egotistical.

Whatever the boy attempted to do the father declared impossible, and laughed at his conceit for supposing he possessed the requisite qualities for such an endeavor.

The son was especially dowered by nature and temperament for the dramatic profession, and is now playing in third-class companies during her adolescence.

The very first duty a parent owes a child is to give that child confidence in himself.

Such confidence is not egotism. It can accompany modesty and humility of spirit, if properly developed.

There was a little boy who gave evidence, in early childhood, of unusual literary talent.

"You are gifted by the Creator," his parent told him, "and you will one day make a name which shall be known all over the world. You must study and observe and grow and write as you feel."

Every crude effort was praised and the boy grew up with a belief in his talents, which the future justified, and the world acknowledged his gifts in early life.

Praise and encouragement from parents

HOT WEATHER CYNICISMS

A man can forgive greater sins in a woman quicker than the sin of unattractiveness.

The trouble about the reign of truth is that we would have to hear some truths ourselves.

A wise woman knows that if she allows a man to think that he understands her perfectly she can manage him so much easier.

There are some women who would be absolutely unhappy without something over which to worry.

A girl can be awfully sure that she doesn't love a man until he asks her to marry him.

The transparent tunic is so eminently becoming that it has been adopted for smart summer frocks to give the effect of a thin coat. It looks particularly well over a princess slip of a contrasting color.

Little Bed-Time Tales

By EDITH HAVENS

THE LITTLE HELPER.

"I wish I could work just like you do," said Hastings, as he sat on his father's knee in front of the big fireplace.

Mr. Andrews laughed and pinched Hastings' two rosy cheeks.

"And would you want to come home as tired as papa is tonight, little boy?" he continued, shifting the little chap over to the other knee.

"Are you very tired?" asked Hastings, nestling his cheek against his father's coat.

Mr. Andrews tossed his evening paper to the floor.

"Pretty tired to-night, son," he answered, "but not half as tired as I would be if there were no little Hastings to make things merry for me when I come home."

"Oh, I am so glad you like me as much as that," said the little chap, "because I love you such a whole lot."

Hastings gave a happy little squeal as his father almost smothered him with a kiss.

"So you want to work like I do," he continued thoughtfully.

"Yes, very much," answered Hastings. He was counting the buttons on his father's coat.

Then for a time the two sat silently watching the warm flames dancing blue and yellow about the great hearth log.



the man one day a week would be enough—wouldn't it?"

"Oh, yes," answered Hastings, all excitement.

"Well, we will make it Mondays,"

said Mr. Andrews.

"What?—What is it?" asked Hastings, hopping up and down in his excitement. "Oh, tell me quick."

"You're sure you will like it?" questioned his father, laughing.

"Yes, yes," answered the little chap, "Oh, do tell me!"

"Well," said Mr. Andrews, "next Monday I will take you into the office with me, and you can help me a whole lot, I am sure."

Hastings shouted with delight, and the days went slowly indeed before Monday arrived.

Of course, he enjoyed the ride in the steam cars to the great city, but the greatest happiness of all was at the office. He liked all the office people very much, and one of the bookkeepers bought him some candy at the noon hour.

And Hastings liked his work, too, for when he would carry a paper all covered with writing from his father over to the bookkeeper, the bookkeeper would say, "Thank you." He felt really grown up. Hastings says Monday is the best day of all for every first number of the week he will find himself close by his father's desk, working just as hard as can be.

NEWS NOTES OF FASHION FROM PARISIAN SHOPS

The striped coat sets are in any color that one wishes, not necessarily to match the suit. The collar is quite long, deep at the back, and finished with an edge of "cluny lace" or a hem of colored linen or linen to match the stripe.

For bridesmaids, lace caps are in vogue. They drop over the hair in soft plaited frills and are trimmed with rows of silk or mousseline flowers.

The sailor collar has evidently not only come to stay, but has increased its influence. The skittish little over-the-shoulder effect has now grown to the

CORSET COVER THAT HAS ONLY NECK OPENING



The model illustrated is unique in that it has no opening except at the neck, being intended to slip on over the head. Long cloth, cambric, and lawn are suitable for this corset cover.

The pattern, 8325, is cut in sizes 32 to 44 inches bust measure. Medium size requires 3/4 yard of material 36 inches wide, with 3/4 yards of edging, 3/4 yards of binding, and 3/4 yards of ribbon.

The above pattern can be obtained by sending 10 cents to the office of this paper.

TO-MORROW'S MENU; HOW TO PREPARE IT

Including a Few Delicious and Tested Recipes.

BREAKFAST.
Barley Crystals with Blueberries and Cream.
Baked Tomatoes with Crisp Bacon.
Toasted Muffins.
Coffee.

LUNCHEON.
Fish Balls, Sliced Cucumbers, French Dressing.
Whole Wheat Bread.
Jelly Roll.
Cocoa.

DINNER.
Cream of Corn Soup.
Chopped Steak.
Brown Potatoes.
Stuffed Beet Salad.
Blackberry Sponge.
Half Cups of Coffee.

Jelly Roll (never fail)—Four eggs beaten together (white first, then yolks added), one cup sugar, one cup flour, one teaspoon baking powder when the above is thoroughly beaten, four tablespoons of boiling water. Bake in long pan. Turn out on paper on which sugar has been sprinkled, spread with jelly, roll, and place in cloth. Leave in cloth until wanted.

Stuffed Beet Salad—The night before the salad is wanted boil until well done six Bermuda beets. When done, peel, cut off one end, and cut out the center with a sharp knife, leaving thick cups. Set them in vinegar one night. When ready to serve, fill with chopped celery and mayonnaise dressing. Arrange the cups in lettuce leaves, cover with the dressing, and sprinkle with finely chopped parsley.

Blackberry Sponge—Fill an earthen bowl closely with small cubes of bread, pouring over the bread as it is fitted into place hot blackberry juice-blackberries cooked until soft, sweetened, and passed through a sieve. Use all the juice the bread will absorb. Set the sponge aside for some hours in a cool place. Serve with blackberries, sugar, and cream.

SIXTY-CENT DINNER.

Split pea soup.....\$0.08
Baked cod......13 1/2
Lemon used for garnishing......02 1/2
Baked potato......02
Hot slaw......04 1/2
Biscuit......04
Butter......08
Baked apples......07 1/2
Coffee......04

\$0.89

ONE CORRECT ANSWER TO THE FLOWER PUZZLE

There was but one correct solution of the "Flowers of All Nations," which was the subject of last week's puzzle.

The list of answers came from Miss Helen Dill, 3328 O street northwest, Washington, and entitles her to the first prize of \$3.

The winner of the second prize lacked three numbers of having a correct solution of the little puzzle, but since hers was the first list after that of the winner of the prize that came within even three numbers of being right, Mrs. T. M. Semmes, Lexington, Va., wins the second prize of \$2.

You will remember that this is by no means the first time that prizes have been won by out-of-town folks.

The children floundered mightily over the flower puzzle. It looked as though no one in this class would reach a near-solution than within seven numbers of a correct list until the contest was just about ready to close. Then a little miss of thirteen summers put a list over the puzzle plate that had but five numbers incorrect.

This was Miss Grace E. Hewitt, 58 I street northwest, Washington, who carries off the children's prize of \$1.

The slippery places in the puzzle seemed to be at the national flowers of foreign countries.

A lady who brought me her solution, when it was nearly noon on Friday, said that she had found the puzzle hard.

"Why," I told her, "it is one of the easiest puzzles we have ever had, for the reason that any one could just have called the names of the countries mentioned and have learned at once their national flowers."

"Oh," she exclaimed regretfully, "I never thought of that!"

Apparently other members of the Puzzle Circle did not think of doing this, either, for, with the one exception of the first prize winner, no one solved the fascinating little enigma.

The week was spent delightfully, however, if I may judge by the kind and clever letters written me by contestants for the prize, as well as those who just looked on and enjoyed seeing others fuss and fume over the puzzle work.

I heartily congratulate the prize-winner, and want to say that I shall expect to see the name of every puzzle-lover this week in answer to the alluring "Business Puzzle" given you to solve.

I am convinced that the new puzzle is not difficult.

I am also convinced that a locked puzzle

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CORRECT SOLUTION OF THE FLOWERS OF ALL NATIONS.

1. Carnation.
2. Primrose.
3. Violet.
4. Rose.
5. The moss rose.
6. The thistle.
7. Shamrock.
8. Fleur-de-lis.
9. Cherry blossom.
10. Peony.
11. Tulip.
12. Edelweiss.
13. Rose of Sharon.
14. Cornflower.
15. Lotus.
16. Poppy.
17. Jack-in-the-pulpit.
18. Pansy.
19. Rosemary.
20. Lady's-slipper.
21. Marigold.
22. Snowball.
23. Columbine.

is a great favorite, so there will be just no reason at all no excuse in the world if any one fails to send me a solution this week.

J. C. M.

Recipe for Griddle Cakes.

For griddle cakes take one quart of flour to which has been added two heaping teaspoonsful of baking powder. Add one level teaspoonful of salt, two dessertspoonfuls of dried egg, and mix together dry. Mix this with half a cupful of evaporated milk and enough cold water to make a creamy batter. Do not have the batter thin. Fry in a hot frying pan, which has been greased with a piece of pork fat.

Floss Embroidery.

When embroidering with cotton floss, keep the floss rolled in a wet napkin. While it is damp it will not twist and knot, and when dry the work is smooth and flat. Do not use too long a thread, as the floss quickly dries out.

When the pattern includes a fine stem, run it in very small stitches, then take up each stitch with the same floss, draw evenly, and the result is a fine, smooth stem.

YOKE AND PANEL ARE A NOVEL FEATURE



The novel feature of this little frock is the yoke cut in one with the panel front of the dress. There is also a square, straight yoke across the back. The balance of the dress is gathered and attached to the lower edge of the yoke.

Battiste, lawn, dimity, cashmere, and fine cheviot are appropriate for this style. The pattern, 8556, is cut in sizes 1, 2, and 5 years. Making also requires 1 1/2 yards of 36-inch material.

The above pattern can be obtained by sending 10 cents to the office of this paper.

The vogue of the earring is given impetus by the fancy of Queen Mary for these ornaments. The long pear-shaped kind, especially in pearls and in jade, are extremely popular.